

Are you ready for a day away from the hubby, kids, work, or stress? Are you ready for a day to enjoy yourself?

Come to the 1st annual West Virginia State *Women in the Outdoors* and West Virginia Division of Natural Resources *Becoming an Outdoors-Woman* wild and wonderful outdoor event.

The event is aimed at women ages 14 and older. Our program offers you the opportunity to learn outdoor activities with hands-on experience. Come to the first ever event of this type in West Virginia!

Registration fee for event is as follows and includes:

**\$40 (early bird fee prior to May 26)**  
**\$45 (after May 26)**

- ◇ Choice of 4 expertly instructed classes
- ◇ Equipment and materials needed for use during classes
- ◇ Lunch
- ◇ Women in the Outdoors travel mug
- ◇ Becoming an Outdoors-Woman water bottle
- ◇ 1-year subscription to the Women in the Outdoors Magazine
- ◇ 1-year membership to the National Wild Turkey Federation (or extension of current membership)

Tammy Mowry  
National Wild Turkey Federation  
288 Crisswell Road  
Butler, PA 16002



## ***Wild & Wonderful Women's Outdoor Event***

***June 26, 2004***  
***8:00 a.m. -  
6:30 p.m.***

***Kanawha State  
Forest  
Charleston, WV***

***For additional information  
contact***

***Tammy Mowry***

*Women's Regional Field Supervisor  
National Wild Turkey Federation  
(724) 284-9201*

*Email: tammyntwf@zoominternet.net*

***OR***

***Elizabeth Gallaher***

*Becoming an Outdoors-Woman Coordinator  
Division of Natural Resources  
304-558-2771*

*Email: Egallaher@dnr.state.wv.us*

# Classes to Choose From:

**Archery:** Learn about this fast growing sport. Do you want to learn backyard recreation, competitive target shooting, or maybe you want to go bow hunting? You will learn how to select equipment that fits you. There will be lots of hands-on instruction. Experience the thrill of hitting the target.



**Fishing:** This course will provide hands-on instruction from choosing equipment to landing the fish. Learn the fundamentals of rod and reel handling, casting, knot tying, and tackle. Equipment will be provided, but participants are encouraged to bring their own.

**Rifle Marksmanship:** Learn to shoot .22 rimfire rifles and the fundamentals of rifle marksmanship skills. Come join us for fun and action on the firing range!

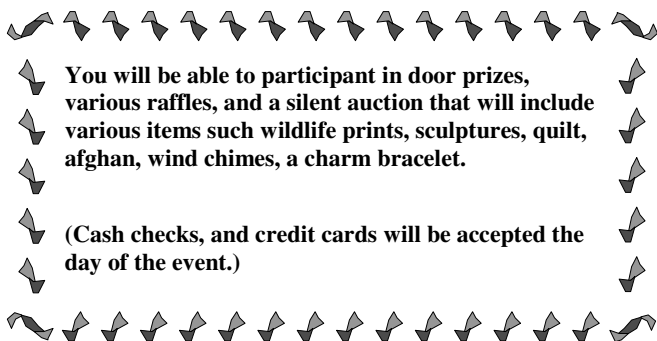


**Hiking/Backpacking:** This course will teach you what to take along and what to leave behind. You'll also learn how to have a safe and comfortable camping experience. Be sure to bring appropriate footwear for outdoor walking.



**Talkin' Turkey:** You'll have an opportunity to learn about wild turkey and its habits. Learn calling techniques, equipment, camouflage and set-up techniques to improve your chances of seeing, photographing, and bagging one of these magnificent birds.

**Mountain Biking:** Learn how to select and ride a mountain bike. Participants will learn which size bike is right for them. Safety and what gear to bring with you will also be included. Get on a bike and ride some trails to learn techniques for maneuvering.



You will be able to participate in door prizes, various raffles, and a silent auction that will include various items such as wildlife prints, sculptures, quilt, afghan, wind chimes, a charm bracelet.

(Cash checks, and credit cards will be accepted the day of the event.)

**Camping:** Select proper equipment, learn basic tools, pitch tents, and build a fire. Explore quick and easy ways to cook outdoors.



**Outdoor Cooking:** Food always tastes better when cooked outdoors. Try a variety of methods, equipment, and recipes your stomach won't want to miss.

**First Aid:** A little rusty on your "ABC's" of first aid. Forget where the pressure points are? What's the difference between heat stroke and heat exhaustion and how do you treat each? What do you do if you encounter a venomous snake? This class will help to refresh your skills.



**Wildlife Ecology:** Have you ever wondered about the different wildlife that's in the greater Kanawha Valley? Take this class and explore our natural resources.

## Workshop Schedule:

8:00 - 9:00	Registration
9:00 - 9:30	Welcome/Overview
9:45 - 11:15	Session 1
11:30 - 12:30	Lunch
12:45 - 2:15	Session 2
2:30 - 4:00	Session 3
4:15 - 5:45	Session 4
6:00 - 6:30	Closing

**Classes are outdoors and hands-on regardless of the weather. Lightweight hiking boots are recommended. Be sure to bring rain gear as workshops will proceed.**

**Cancellation Policy:** In order to receive a full refund, you must cancel 14 days prior to the event. A partial refund will be refunded if you need to cancel up to 7 days before the event. If you do not cancel prior to 7 days, no refund will be issued. All cancellations must be in writing. You may send a substitute.

Registrations will be accepted after the deadline if space is available.

**Make checks payable to the WV State Chapter, NWTF and mail this completed form along with registration fee to:**

**Tammy Mowry**  
288 Crisswell Road  
Butler, PA 16002

## Participant Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone ( ) \_\_\_\_\_  
Date of Birth \_\_\_\_\_  
E-mail Address \_\_\_\_\_

(confirmation will be sent via email when possible)

New Member \_\_\_\_\_ Renewal \_\_\_\_\_

WITO Membership Number \_\_\_\_\_

Emergency Contact /Phone \_\_\_\_\_

**Course Offerings:** Please rank in order of preference, 1 through 8 with 1 being your first choice and 8 being your last.

_____ Archery	_____ Mountain Biking
_____ Fishing	_____ Camping
_____ Rifle Marksmanship	_____ Outdoor Cooking
_____ Hiking/Backpacking	_____ First Aid
_____ Talkin' Turkey	_____ Wildlife Ecology

**\*Participants 14-17 years old must have a parent/guardian sign the participant release for them.**

**Directions to Kanawha State Forest, confirmation letter, and items to bring with you will be provided upon receipt of your paid registration.**

### Payment Method:

- \$\_\_\_\_\_ check or money order  
Make check payable to: **WV State Chapter, NWTF**
- Charge my credit card number \_\_\_\_\_  
Circle one: Visa M/C Discover  
Exp. Date: \_\_\_\_\_  
Signature: \_\_\_\_\_  
(please bring your credit card along)